

# Harcum Fitness & Aquatic Center-614-501-1461

**August Schedule - Facility Hours: Mon. – Fri. 7:00am-7:00pm, Sat. 9:00am-1:00pm**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Arthritis Aquatics - Laura	9:00am Arthritis Friendly Weight Training - Tyler	9:00 am Arthritis Aquatics - Laura	9:00am Arthritis Friendly Weight Training - Tyler	10:00am Arthritis Aquatics - Michelle	9:15am Gentle Flow Yoga - Jen
10:00am Fun Aqua Aerobics - Laura	10:00am Arthritis Aquatics - Tyler	10:00am Fun Aqua Aerobics - Laura	10:00am Arthritis Aquatics - Tyler	11:00am Arthritis Aquatics - Michelle <i>Residents Only</i>	10:00am Move and Groove - Tyler
11:00am Arthritis Aquatics - Michelle <i>Residents Only</i>	11:00am Arthritis Friendly Weight Training - Tyler	11:00am Arthritis Aquatics - Michelle <i>Residents Only</i>	11:00am Arthritis Friendly Weight Training - Tyler	12:00pm Arthritis Friendly Weight Training - Tyler	
12:00pm Arthritis Friendly Weight Training - Tyler	12:00pm High Intensity Aerobics Aquatics - Tyler	11:30am Chair Yoga - Debbie	12:00pm High Intensity Aerobics Aquatics - Tyler	1:00pm Strength & Balance - Tyler	
1:00pm Chair Yoga - Debbie	1:00pm Strength & Balance - Debbie	12:00pm Arthritis Friendly Weight Training - Tyler	12:30pm Zumba® Gold - Cindi		
5:30pm Gentle Flow Yoga – Debbie 60 min	2:00pm Gentle Mat Yoga - Debbie	3:00pm Everybody's Weight Loss Aquatics - Tyler	<u>Prepaid Workshops w/Kathy</u> 2:00pm Delay the Disease 3:00pm & 3:45pm Tai Chi		
6:20pm High Intensity Aerobics - Tyler 30 min	3:00pm Everybody's Weight Loss Aquatics - Tyler	4:15pm Strength & Balance - Tyler	3:00pm Everybody's Weight Loss Aquatics - Tyler		
	3:45pm <u>Prepaid Workshop</u> – Swim Lessons w/Kathy	5:30pm Move and Groove - Tyler	5:00pm Gentle Flow Yoga - Debbie 60 min		
	6:20pm High Intensity Aerobics - Tyler 30 min	6:20pm Pool Yoga – Jen 30 min	6:20pm High Intensity Aerobics - Tyler 30 min		

\*Equipment Orientation held intermittently. Fliers will be displayed at the front desk for dates.

\*Shaded boxes are Swim Classes

# Open Swim Times

Reminder: Signups are recommended to reserve open swim times

## Lane Swimming (Lanes 1, 2, or 3) or Aerobic Swimming (Lane 4)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15am – 7:45am	7:15am – 7:45am	7:15am – 7:45am	7:15am – 7:45am	7:15am – 7:45am	Open Swim from 9:00am – 12:45pm. No signups required.
7:45am – 8:15am	7:45am – 8:15am	7:45am – 8:15am	7:45am – 8:15am	7:45am – 8:15am	
8:15am – 8:45am	8:15am – 8:45am	8:15am – 8:45am	8:15am – 8:45am	8:15am – 8:45am	
				8:45am – 9:15am	
				9:15am – 9:45am	
12:45pm – 1:15pm	12:45pm - 1:15pm	Open Swim from 12:45pm – 2:45pm. No signups required.	12:45pm - 1:15pm	12:45pm - 1:15pm	
1:15pm – 1:45pm	1:15pm – 1:45pm		1:15pm – 1:45pm	1:15pm – 1:45pm	
1:45pm – 2:15pm	1:45pm – 2:15pm		1:45pm – 2:15pm	1:45pm – 2:15pm	
2:15pm – 2:45pm	2:15pm – 2:45pm		2:15pm – 2:45pm	2:15pm – 2:45pm	
2:45pm – 3:15pm				2:45pm – 3:15pm	
3:15pm – 3:45pm				3:15pm – 3:45pm	
3:45pm – 4:15pm	3:45pm – 4:15pm*	3:45pm – 4:15pm	3:45pm – 4:15pm	3:45pm – 4:15pm	
4:15pm – 4:45pm	4:15pm – 4:45pm*	4:15pm – 4:45pm	4:15pm – 4:45pm	4:15pm – 4:45pm	
4:45pm – 5:15pm	4:45pm – 5:15pm	4:45pm – 5:15pm	4:45pm – 5:15pm	4:45pm – 5:15pm	
5:15pm – 5:45pm	5:15pm – 5:45pm	5:15pm – 5:45pm	5:15pm – 5:45pm	5:15pm – 5:45pm	
5:45pm – 6:15pm	5:45pm – 6:15pm	5:45pm – 6:15pm	5:45pm – 6:15pm	5:45pm – 6:15pm	
				6:15pm – 6:45pm	

\* 2 lanes will be taken by swimming lessons, 2 lanes open for lane swimming

**Remember to reserve your class and open swim times through the Mindbody App.**

**Please see front desk if you need assistance.**